

## Dry Beans and Peas

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!



# Harvest Stew

## DAVID D. JONES ELEMENTARY SCHOOL

Greensboro, North Carolina

### Our Story

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When the recipe challenge team came together to work on this recipe challenge project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then began experimenting with different ingredients and recipes and held small taste testing sessions to gather feedback and make improvements. All of their hard work led to the development of Harvest Stew.

This flavorful dish was created to satisfy the palate of students, teachers, and staff while being a filling, nutritious meal to fuel them for the rest of their day. Initially when the Harvest Stew recipe was created, it was prepared with kale. However, spinach was substituted because it was more readily available for the school district.

Over 600 students sampled the recipe during their lunch period. Parents of students were also encouraged to attend the tasting with their children. Parents, students, and teachers were enthusiastic about the new recipe and overwhelmingly enjoyed the dish, with 70 percent of the students approving of the recipe. The school is proud that North Carolina sweet potatoes from their *Farm to School* program were featured in this stew.

### School Team Members

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#### SCHOOL NUTRITION PROFESSIONAL

Pam Cecil

#### CHEF

Matthias Hartmann

#### COMMUNITY MEMBERS

Jen Schell (Parent) and Amanda Hester (Nutritionist)

#### STUDENTS

Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

| Ingredients   | 25 Servings                      |  | Directions<br>Process #2: Same Day Service  |
|---|----------------------------------|--|---|
|   | Weight                           | Measure  |   |
| Vegetable oil   |                                  | 2 ½ Tbsp   | 1. Heat oil:<br>For 25 servings, use a large stockpot.<br>Sauté onions, carrots, and celery for 5 minutes until slightly browned.                                   |
| *Fresh onions, diced  | 10 oz                            | 1 ½ cups   |   |
| *Fresh carrots, diced   | 6 oz                             | 1 cup  |   |
| *Fresh celery, diced  | 8 ½ oz                           | 1 ⅔ cups   |   |
| Enriched all-purpose flour  | 1 ½ oz                           | ¼ cup ½ Tbsp   | 2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.  |
| Water   |                                  | 1 qt 1 cup   |   |
| Low-sodium chicken base   |                                  | 1 ½ tsp  |   |
| Salt-free seasoning   |                                  | ½ tsp  | 3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.  |
| Garlic powder   |                                  | 1 ½ tsp  |   |
| Canned low-sodium diced tomatoes  | 1 lb 10 oz                       | 3 ¼ cups<br>(¼ No. 10 can)                             | 4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.                                      |
| *Fresh sweet potatoes, peeled, cubed 1"   | 12 oz                            | 3 ½ cups   |   |
| *Fresh red potatoes, unpeeled, cubed 1"   | 12 oz                            | 2 cups   |   |
| Frozen, cooked diced chicken, thawed, ½" pieces   | 13 oz                            | 2 ⅔ cups   | 5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.<br><br>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| Canned low-sodium great northern beans, drained, rinsed<br>OR<br>*Dry great northern beans, cooked<br>(See Notes Section) | 3 lb 8 oz<br><br>OR<br>3 lb 8 oz | 1 qt 2 ⅔ cups<br>(⅔ No. 10 can)<br>OR<br>1 qt 2 ⅔ cups |   |

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

| Ingredients                  | 25 Servings |         | Directions<br>Process #2: Same Day Service   |
|------------------------------|-------------|---------|--|
|                              | Weight      | Measure |  |
| *Fresh baby spinach, chopped | 2 ½ oz      | 1 cup   |  |
|                              |             |         | 6. Critical Control Point: Hold for hot service at 135 °F or higher.<br>7. Portion with 6 fl oz ladle (¾ cup). |

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

## Marketing Guide

| Food as Purchased for    | 25 servings |
|--------------------------|-------------|
| Mature onions            | 12 oz       |
| Carrots                  | 7 ¼ oz      |
| Celery                   | 10 ¼ oz     |
| Sweet potatoes           | 1 lb        |
| Red potatoes             | 12 ½ oz     |
| Dry great northern beans | 1 lb 4 oz   |
| Baby spinach             | 3 oz        |

| Serving  | Yield                            | Volume                                 |
|--|----------------------------------|--|
| ¾ cup (6 fl oz ladle) provides:<br><b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate, ⅛ cup red/orange vegetable, and ¼ cup additional vegetable. | 25 Servings:<br>about 9 lb 8 oz. | 25 Servings:<br>about 1 gallon 1 quart |
| OR<br><br><b>Legume as Vegetable:</b> ½ oz equivalent meat, ¼ cup legume vegetable, ⅛ cup red/orange vegetable and ¼ cup additional vegetable.                         |                                  |  |
| <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>   |                                  |  |

## Nutrients Per Serving

|              |         |               |              |               |          |
|--------------|---------|---------------|--------------|---------------|----------|
| Calories     | 123.71  | Saturated Fat | 0.27 g       | Iron          | 1.88 mg  |
| Protein      | 7.95 g  | Cholesterol   | 13.14 mg     | Calcium       | 50.22 mg |
| Carbohydrate | 18.19 g | Vitamin A     | 3426.42 IU   | Sodium        | 57.37 mg |
| Total Fat    | 2.24 g  |               | (162.53 RAE) | Dietary Fiber | 5.03 g   |
|              |         | Vitamin C     | 8.83 mg      |               |          |

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

| Ingredients  | 50 Servings            |   | Directions<br>Process #2: Same Day Service  |
|--|------------------------|---|---|
|  | Weight                 | Measure   |   |
| Vegetable oil  |                        | ¼ cup 1 Tbsp  | 1. Heat oil:<br>For 50 servings, use a roasting pan/square head pan<br>(20 7/8" x 17 3/8" x 7") on top of stove.<br>Sauté onions, carrots, and celery for 5 minutes until slightly browned. |
| *Fresh onions, diced   | 1 lb 4 oz              | 3 cups  |   |
| *Fresh carrots, diced  | 12 oz                  | 2 cups  |   |
| *Fresh celery, diced   | 1 lb 1 oz              | 3 ½ cups  |   |
| Enriched all-purpose flour   | 3 oz                   | ½ cup 1 Tbsp  | 2. Sprinkle flour over vegetables and mix well. Add water and base.<br>Mix well. Bring to a boil uncovered.   |
| Water  |                        | 2 qt 2 cups   |   |
| Low-sodium chicken base  |                        | 1 Tbsp  |   |
| Salt-free seasoning  |                        | 1 tsp   | 3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.  |
| Garlic powder  |                        | 1 Tbsp  |   |
| Canned low-sodium diced tomatoes   | 3 lb 4 oz              | 1 qt 2 ½ cups<br>(½ No. 10 can)                           | 4. Add tomatoes, sweet potatoes, and red potatoes.<br>Simmer uncovered over low heat for 15 minutes or until potatoes are tender.   |
| *Fresh sweet potatoes, peeled, cubed 1"  | 1 lb 8 oz              | 1 qt 3 cups   |   |
| *Fresh red potatoes, unpeeled, cubed 1"  | 1 lb 8 oz              | 1 qt  |   |
| Frozen, cooked diced chicken, thawed,<br>½" pieces   | 1 lb 10 oz             | 1 qt 1 ½ cups   | 5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.<br><br>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.                         |
| Canned low-sodium great northern beans,<br>drained, rinsed<br>OR<br>*Dry great northern beans, cooked<br>(See Notes Section) | 7 lb<br><br>OR<br>7 lb | 3 qt 1 ½ cups<br>(1 ¾ No. 10 cans)<br>OR<br>3 qt 1 ½ cups |   |

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

| Ingredients                  | 50 Servings |         | Directions<br>Process #2: Same Day Service   |
|------------------------------|-------------|---------|--|
|                              | Weight      | Measure |  |
| *Fresh baby spinach, chopped | 5 oz        | 2 cups  |  |
|                              |             |         | 6. Critical Control Point: Hold for hot service at 135 °F or higher.<br>7. Portion with 6 fl oz ladle (¾ cup). |

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

### SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

### COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

## Marketing Guide

| Food as Purchased for    | 50 servings |
|--------------------------|-------------|
| Mature onions            | 1 lb 8 oz   |
| Carrots                  | 15 oz       |
| Celery                   | 1 lb 4 ½ oz |
| Sweet potatoes           | 2 lb        |
| Red potatoes             | 1 lb 8 ¾ oz |
| Dry great northern beans | 2 lb 8 oz   |
| Baby spinach             | 6 oz        |

| Serving  | Yield                       | Volume                                   |
|--|-----------------------------|--|
| ¾ cup (6 fl oz ladle) provides:<br><b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate, ⅓ cup red/orange vegetable, and ¼ cup additional vegetable. | 50 Servings:<br>about 19 lb | 50 Servings:<br>about 2 gallons 2 quarts |
| OR<br><br><b>Legume as Vegetable:</b> ½ oz equivalent meat, ¼ cup legume vegetable, ⅓ cup red/orange vegetable and ¼ cup additional vegetable.                         |                             |  |
| <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>   |                             |  |

## Nutrients Per Serving

|              |         |               |              |               |          |
|--------------|---------|---------------|--------------|---------------|----------|
| Calories     | 123.71  | Saturated Fat | 0.27 g       | Iron          | 1.88 mg  |
| Protein      | 7.95 g  | Cholesterol   | 13.14 mg     | Calcium       | 50.22 mg |
| Carbohydrate | 18.19 g | Vitamin A     | 3426.42 IU   | Sodium        | 57.37 mg |
| Total Fat    | 2.24 g  |               | (162.53 RAE) | Dietary Fiber | 5.03 g   |
|              |         | Vitamin C     | 8.83 mg      |               |          |



# Harvest Stew

**Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable**

**Soups H-10r**

| Ingredients   | 100 Servings             |   | Directions<br>Process #2: Same Day Service  |
|---|--------------------------|---|---|
|   | Weight                   | Measure   |   |
| Vegetable oil   |                          | ¾ cup   | 1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.     |
| *Fresh onions, diced  | 2 lb 8 oz                | 1 ½ qt  |   |
| *Fresh carrots, diced   | 1 lb 8 oz                | 1 qt  |   |
| *Fresh celery, diced  | 2 lb 2 oz                | 1 qt 2 ⅔ cups   |   |
| Enriched all-purpose flour  | 6 oz                     | 1 cup 2 Tbsp  | 2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.  |
| Water   |                          | 1 gal 1 qt  |   |
| Low-sodium chicken base   |                          | 2 Tbsp  |   |
| Salt-free seasoning   |                          | 2 tsp   | 3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.  |
| Garlic powder   |                          | 2 Tbsp  |   |
| Canned low-sodium diced tomatoes  | 6 lb 8 oz                | 3 qt 1 cup<br>(1 No. 10 can)                            | 4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.                                      |
| *Fresh sweet potatoes, peeled, cubed 1"   | 3 lb                     | 3 qt 2 cups   |   |
| *Fresh red potatoes, unpeeled, cubed 1"   | 3 lb                     | 2 qt  |   |
| Frozen, cooked diced chicken, thawed, ½" pieces   | 3 lb 4 oz                | 2 qt 2 ⅔ cups   | 5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.<br><br>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| Canned low-sodium great northern beans, drained, rinsed<br>OR<br>*Dry great northern beans, cooked<br>(See Notes Section) | 14 lb<br><br>OR<br>14 lb | 1 gal 2 ⅔ qt<br>(3 ½ No. 10 cans)<br>OR<br>1 gal 2 ⅔ qt |   |

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

| Ingredients                  | 100 Servings |         | Directions<br>Process #2: Same Day Service   |
|------------------------------|--------------|---------|--|
|                              | Weight       | Measure |  |
| *Fresh baby spinach, chopped | 10 oz        | 1 qt    |  |
|                              |              |         | 6. Critical Control Point: Hold for hot service at 135 °F or higher.<br>7. Portion with 6 fl oz ladle (¾ cup). |

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

## Marketing Guide

| Food as Purchased for    | 100 Servings |
|--------------------------|--------------|
| Mature onions            | 3 lb         |
| Carrots                  | 1 lb 14 oz   |
| Celery                   | 2 lb 9 oz    |
| Sweet potatoes           | 4 lb         |
| Red potatoes             | 3 lb 1 ½ oz  |
| Dry great northern beans | 5 lb         |
| Baby spinach             | 12 oz        |

## Nutrients Per Serving

|              |         |               |              |               |          |
|--------------|---------|---------------|--------------|---------------|----------|
| Calories     | 123.71  | Saturated Fat | 0.27 g       | Iron          | 1.88 mg  |
| Protein      | 7.95 g  | Cholesterol   | 13.14 mg     | Calcium       | 50.22 mg |
| Carbohydrate | 18.19 g | Vitamin A     | 3426.42 IU   | Sodium        | 57.37 mg |
| Total Fat    | 2.24 g  |               | (162.53 RAE) | Dietary Fiber | 5.03 g   |
|              |         | Vitamin C     | 8.83 mg      |               |          |

| Serving  | Yield                             | Volume                                       |
|--|-----------------------------------|--|
| ¾ cup (6 fl oz ladle) provides:<br><b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate, ⅛ cup red/orange vegetable, and ¼ cup additional vegetable. | 100 Servings:<br>about 37 lb 8 oz | 100 Servings:<br>about 4 gallons<br>3 quarts |
| OR<br><br><b>Legume as Vegetable:</b> ½ oz equivalent meat, ¼ cup legume vegetable, ⅛ cup red/orange vegetable and ¼ cup additional vegetable.                         |                                   |  |
| <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>   |                                   |  |